

A TANK AWAY

Sand, surf, and history lessons in York, Maine

Get comfortable on the coast with inviting inns, eclectic amusements, natural beauty

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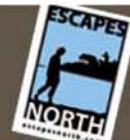
Dip into history or ocean waters in York, a southern Maine town comprising the villages of York Harbor, a residential area with a sprinkling of inns; York Village, with a collection of historical buildings; York Beach, with miles of sand and plentiful amusements; and Cape Neddick, a semirural section of town.

STAY The **York Harbor Inn** (Route 1A, York Harbor, 207-363-5119 or 800-343-3869, www.yorkharborinn.com, \$149-\$349, with breakfast) is an accommodating country inn with a dining room and tavern. Gardens and woodlands surround **Morning Glory Inn** (120 Seabury Road, York Harbor, 207-363-2062, www.morninggloryinnmaine.com, \$155-\$235 with breakfast), a secluded, boutique bed-and-breakfast catering to romantics. The 1889 **Chapman Cottage** (370 York St., York Harbor, 207-363-2059 or 877-363-2059, www.chapmancottagebandb.com, \$175-\$225 with breakfast) is a plush B&B. Inviting Adirondack-style chairs accent the harbor-front lawn at **Edwards' Harborside Inn** (7 Stage Neck Road, York Harbor, 207-363-3037 or 800-273-2686, www.edwardsharborside.com, \$170-\$300 with breakfast). For less expensive digs, check into **Katahdin Inn** (11 Ocean Ave., York Beach, 207-363-1824, www.thekatahdininn.com, \$65-\$145), a comfy guesthouse overlooking Short Sands Beach. **The Candleshop Inn** (44 Freeman St., York Beach, 207-363-4087 or 888-363-4087, www.candleshopinn.com, \$105-\$195, with breakfast) is a vegetarian B&B and holistic retreat center near Short Sands Beach. The pet-friendly **Country View Motel & Guesthouse** (1521 Route 1, 800-258-6598, www.countryviewmotel.com, \$85-\$250) has accommodations ranging from standard rooms to townhouses.



The Sayward-Wheeler House, built in 1718, is one of the many historical... (HILARY NANGLE FOR THE BOSTON GLOBE)

DINE Of course you want lobster, and **Lobster Cove** (756 York St., York Harbor, 207-351-1100, www.lobstercoverrestaurant.com), serves the tasty crustacean with views of crashing surf on Long Sands Beach. Pair shopping at **Stonewall Kitchen** (Stonewall Lane, York, 207-351-2712 or 800-207-5267, www.stonewallkitchen.com) with lunch in the café. For a light meal, relax at the **Chapman Cottage Lounge** (370 York St., York Harbor, 207-363-2059 or 877-363-2059, www.chapmancottagebandb.com, \$10-\$15). The **York Harbor Inn** (Route 1A, York Harbor, 207-363-5119, \$9-\$30) has two dining venues, the white-tablecloth, ocean-view **1637 dining room** and the casual **Ship's Cellar Pub**, sharing the same menu of seafood, pasta, and sandwiches, making it easy to choose your comfort level. The eclectic menu at **Frankie and Johnny's Natural Foods** (1594 Route 1, Cape Neddick, 207-363-1909, www.frankie-johnnys.com, \$18-\$29, no credit cards, BYOB) ranges from vegan soup to grilled tenderloin. Get the scoop at **Brown's Ice Cream** (232 Nubble Road, York Beach, 207-363-1277).



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(Page 2 of 2)

DURING THE DAY Immerse in nearly 400 years of history at the **Old York Historical Society** (207 York St., York Village, 207-363-4974, www.oldyork.org, \$12 adults, \$25 per family), with eight colonial and postcolonial buildings. Continue the history tour at the 1718 **Sayward-Wheeler House** (9 Barrell Lane Ext., York Harbor, 207-384-2454, www.historicnewengland.org, \$5). Loop out to **Cape Neddick Light Station** (Nubble Road, York Beach, www.lighthouse.cc/capeneddick), built in 1879 and nicknamed the Nubble. Catch rays at **Short Sands Beach** or **Long Sands Beach**, both accessible via Route 1A. Time for a stroll? Cross the **Wiggly Bridge** on Route 103, just off Route 1A in York Harbor, and loop through the **Steedman Woods** preserve. For a more strenuous hike, head up **Mount Agamenticus** (directions at www.agamenticus.org), within a 10,000-acre preserve in one of the most biologically diverse, undeveloped forestlands in coastal New England. Looking for a little outdoor adventure? Join **Excursions: Coastal Maine Outfitting Company** (1740 Route 1, Cape Neddick, 207-363-0181, www.excursionsinmaine.com) on a half-day sea-kayaking tour (\$60) or catch a wave with **Liquid Dreams Surf Shop** (171 Long Beach Ave., York, 207-351-2545, www.liquiddreamssurf.com). Rental surfboards begin at \$8 per hour. Book a four-hour guided fishing trip with **Eldredge Bros. Guide Service** (1480 Route 1, Cape Neddick, 207-373-9269, www.eldredgeflyshop.com, rates begin at \$250). Golfers may want to check out the **Cape Neddick Country Club** (650 Shore Road, Cape Neddick, 207-361-2011, www.capeneddickgolf.net, \$35-\$67). If you have youngsters in tow, **York's Wild Kingdom** (102 Railroad Ave., off Route 1, York Beach, 207-363-4911 or 800-456-4911, www.yorkzoo.com, \$15-\$22 adult, \$9-\$16 ages 4-10, \$1-\$5 ages 3 and younger), a combination zoo and amusement park, features more than 250 critters.

AFTER DARK Live blues, reggae, and rock bands as well as comedians perform regularly at **Inn on the Blues** (7 Ocean Ave., York Beach, 207-351-3221, www.innontheblues.com). The **Ship's Cellar Pub** in the York Harbor Inn (see Dine) has live music Tuesday through Saturday, including an open-mike night on Thursdays, and low-key swing, folk, soft rock, and jazz evenings on other nights. Free summer concerts are often held evenings at the **Ellis Park Gazebo**.

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